**Arm and Leg Muscles Study Guide**

**Arm Muscles:**

1. Biceps (elbow flexion)
2. Triceps (elbow extension)
3. Pronator teres (pronation)
4. Supinator (supination)
5. Wrist flexor (wrist flexion)
6. Finger flexor (finger flexion)
7. Wrist extensor (wrist extension)
8. Finger extensor (finger extension)

**Leg Muscles:**

1. Iliopsoas (hip flexion)
2. Sartorius (hip flexion and lateral rotation)
3. Hip adductors (hip adduction)
4. Gluteus maximus (hip extension)
5. Quadriceps (all four muscles do knee extension)
	1. Rectus femoris
	2. Vastus medialis
	3. Vastus intermedius
	4. Vastus lateralis
6. Hamstrings (all three muscles do knee flexion)
	1. Biceps femoris – lateral hamstring
	2. Semitendinosus – medial hamstring
	3. Semimembranosus – medial hamstring
7. Calf muscles (both muscles do plantarflexion)
	1. Gastrocnemius
	2. Soleus
8. Tibialis anterior (dorsiflexion)